

The Hut York

Hut Off The Press

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hello 

as we bid farewell to the summer months and welcome the cold, crisp days of autumn, we wanted to reflect on some of the activities and highlights which have occurred at The Hut, since our last newsletter. One fun and unforgettable day was our 'Wacky races' themed Birthday Party. We couldn't let The Hut turn 12 without celebrating in style; it was a day of laughter from start to finish. The effort all members put into their fancy dress costumes and steering wheel accessories was fantastic. As well as being a day to celebrate, we were also given some very kind donations, which we have been able to put straight back into The Hut to purchase materials and equipment to help develop our sessions in-house. This included the installation of our brand new potting shed. With the success of our summer gardening and vegetable production, we will now be able to continue this activity into the winter months; to provide year round, outdoors enjoyment.



In addition, we've been very fortunate at The Hut to welcome volunteers to help with the general maintenance of our outside area. In May, we saw a dedicated team from 'Sky' work tirelessly; fixing, drilling, painting and clearing. General tasks that would have taken us many weeks to work through, were covered in one day!

Furthermore, we've had the opportunity to extend the fun of The Hut out into the community. York Archaeological Trust have been kind enough to open their doors to us and allow us to experience what it takes to be archaeologists for the morning; digging, washing and sorting all sorts of fascinating finds, dating back as far as the Roman age. We look forward to continuing this activity in the spring of 2024.

The Hut has also been a place of calm and tranquility. Through mindfulness, meditation and breathing workshops, we have been able to focus on our wellbeing and take joy from the moment.

We hope that you have enjoyed the sessions at The Hut, as much as we have enjoyed planning and developing them for you. Above all, our hope is that you feel welcome and included. What we can guarantee is that it'll be fun and at times utterly bonkers!



Spotlight

MEET TOM, OUR SENIOR LEARNING SUPPORT MENTOR. TOM HAS BEEN WITH THE HUT SINCE 2021. WE ASKED HIM A SERIES OF INTERVIEW QUESTIONS AND HER RESPONSES CAN BE FOUND BELOW:

- WHERE DID YOU GROW UP? BISHOPTHORPE
- WHO KNOWS YOU BEST? FRIENDS
- WHERE IS YOUR FAVORITE HOLIDAY DESTINATION? NEW ZEALAND
- WHAT SUPERPOWER WOULD YOU CHOOSE? TO BE ABLE TO FLY
- DOG OR CAT? CAT
- INDIAN FOOD OR CHINESE FOOD? INDIAN
- EARLY BIRD OR NIGHT OWL? EARLY BIRD



Useful information



Facebook- @hutyork
Instagram- @the_hut_york
Twitter- @thehutyork

Before you go...

JUST FOR FUN



Why didn't the skeleton go the party?
Answer: He had no-body to go with

Knock, knock, who's there?

- Ghost says...

Ghost says. who?

- No, ghost's say BOO!

I'm tall when I'm young and short when I'm old, what am I?

Answer: *

SAVE THE DATE



Saturday 4th November 2023
The Hut Christmas Fair

Further details to follow...

*Answer to riddle: a candle